

# 7-Day Introduction ...

## All The Times and Situations When To Use The TRUSTCard<sup>®</sup>

### Missed Opportunity ...

TheTRUSTCardSOLUTION<sup>™</sup> has been reported by many users to have stunningly positive benefits. However, one of the things that happens is that some even satisfied users underestimate and underuse TheTRUSTCard<sup>®</sup>. Additionally, a handful, who never gave it a full try stopped using it all together for long periods of time before they picked it up again; leaving them vulnerable to suffering a great deal more avoidable Stress-PTSD than they needed to go through.

If you try to discuss "Stress" with almost any adult and even young adults, it is not a subject they like to discuss very much. So, even when they encounter TheTRUSTCard<sup>®</sup> and find it effective, even very effective, it nevertheless happens that they will use The Card under Usage #2 under "When To Use": (Any Other Moment You Realize You Are Under Stress), but sometimes not so consistently the other #'s 1, 3,4,5. The basic idea behind this we have found, and who can blame them, people young and old want to get or stay away from anything to do with Stress to the greatest degree possible, even including shortcutting the use of TheTRUSTCard<sup>®</sup> itself, AFTER they have found out that it works.

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### Stressors ...

Stress is produced by what neuroscientists refers to as "Stressors"; (Stressor: a person or group or activity, event, or other stimulus that causes Stress [Stress: the perception, justified by the facts or not, that one has insufficient Resources to satisfy the Demands one is facing]).

When the above happens in a person's immediate environment in any present moment the right name for it is "Stress". When the Resource vs. Demands imbalance is perceived as a remembered/relived replay of one or more past moments of Stress, the right name for it is "PTSD".

This 7-day Introduction is an aid to new users and longtime users alike to discover and incorporate into their daily schedule the COMPLETE use and range of benefits that TheTRUSTCardSOLUTION<sup>™</sup> provides.



## The 7-Day Introduction Sequence ...

On successive days, one, then another of the five uses is given extra attention; and on day six and seven the user is invited to read the definitions of Stress (several times on Day 6) and Trust (several times on Day 7) - while continuing to make normal use of The Card whatever that is for each person, on each of these "first" 7 days.

Concise versions of The Stress and Trust definitions are found just beneath the "When To Use" section of The Card.

In outline form, the 7-Day Introduction consists of ... **(See 5 Uses in Box Below)** ...

Day 1 – Focus on Use Number 1 (while continuing to make normal use of The Card)

Day 2 – Focus on Use Number 2 (while continuing to make normal use of The Card)

Day 3 – Focus on Use Number 3 (while continuing to make normal use of The Card)

Day 4 – Focus on Use Number 4 (while continuing to make normal use of The Card)

Day 5 – Focus on Use Number 5 (while continuing to make normal use of The Card)

Day 6 – Read Out Loud several times throughout the day, for yourself the Stress Definition on the Card (while continuing to make normal use of The Card).

Day 7 – Read Out Loud several times throughout the day, for yourself the Trust Definition on the Card (while continuing to make normal use of The Card).

That's It – All Done – Just One-Time-Through ... for One Week, 7 Days.

By the end of just one calendar week, it has been shown that a person who voluntarily completes this Introduction remembers to use The Card IN FULL everyday with an even bigger benefit ... as covered in the paragraph immediately below.

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### When To Use The TRUSTCard<sup>®</sup> ...

- 1... **3x** Every Day: At Times You Are **Not** Under Stress.
- 2... Any Other Moment You Realize You **Are** Under Stress.
- 3... When Possible **Before** Doing **Anything** Important!
- 4... **1<sup>st</sup> Thing** After Waking; **Last Thing** Before Bedtime.
- 5... **At** Moments of **Recurring** Fear, Worry, Upset or Dread!

**Each Time Until You Smile<sup>™</sup>**



## Escape From The Inescapable ...

Stressors come in two forms: “escapable” and “inescapable”. There are an infinite number of examples of both kinds but here are two examples: the coach of the swimming team you decided to go out for in high school may be oppressive and annoying and invalidative of your best efforts and so you can simply quit the team or with the help of loving parents, transfer to a different school, if for example you need a swimming scholarship to make it to college, making that coach an “**escapable** Stressor”; but if one or both of your parents fits that same description (oppressive and annoying and invalidative of your best efforts in swimming and other things) the Stress and its eventual PTSD in your life become **inescapable** for you.

Brain science has isolated that in the presence of inescapable Stressors people go into a state of what has come to be called “learned helplessness”. Having been exposed to an inescapable Stressor earlier in life, or a career or in relationships, or on any subject, puts one in the position that later, when similar Stressors (similar to those which were inescapable earlier), come along but where circumstances now permit one to escape, one nevertheless does not because one cannot. The individual due to that early inescapable Stressor in whatever situation on whatever subject at whatever time in life, became thereafter helpless to take the available means to “get out” which exist later – they “don’t even see” a way to escape, no matter how obvious such escape opportunities may be.

But TheTRUSTCard<sup>®</sup> used fully (All 5 Uses) as indicated above, actually allows one to change this “inescapable Stressor” and “learned helplessness” profile in virtually any area of one’s life according to reports received.

Not only do the reports say that TheTRUSTCard<sup>®</sup> used fully (All 5 Uses) releases an individual from the grip of past Inescapable Stressors but it tends to prevent any Inescapable Stressor/PTSD situation from forming in the future.

## Changing Expectations ...

In addition to all of the above benefits, which are of course, considerable, learning to and continuing to make full use of TheTRUSTCardSOLUTION<sup>™</sup> changes Expectations about how a user’s life may go.

Stress and its even more dangerous “cousin”, PTSD (by definition, itself “inescapable”), reduce an individual’s Expectation of things going successfully around them, now and in the future. To stop losing to the Inescapable Stressors that devastate them, people go so far as to stop trying to progress in life or their careers or in their families toward goals they had wanted to achieve. Hence, their Expectations become permanently lowered.



Therefore, another reported very, very, very large benefit that results from thorough-complete TRUSTCard<sup>™</sup> use (all 5 uses), quite in addition to all of the other benefits mentioned above, is that users report it changes their Expectations UPWARD about just how much success, however they may define it, they can dare to imagine possible in any number of areas of their lives.

### **TheTRUSTCard<sup>®</sup> WHEN USED FULLY (ALL 5 USES), CHANGES THEIR EXPECTATIONS.**

Of course, it is not illogical to consider that it would: if one can learn to overcome inescapable Stressors and their accompanying conditions of learned helplessness past and present, then one would enjoy a different set of Expectations about what one should go after and expect to achieve in life, career, and relationships.

## **Not A Waste of Time ...**

Some people completely underestimate the power of these simple, single-digit math problems -- to do all that is described in this article, let alone on this website. That said, users tell us they get these benefits. You are invited to prove them right or wrong to your own satisfaction.

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It is however, **completely unnecessary** for anyone to do this 7-day Introductory Regimen. Any, even partial, use of TheTRUSTCard<sup>®</sup> represents benefits to users, according to reports.

Notwithstanding this fact, because of ALL the benefits we know about, up to this point re TheTRUSTCardSOLUTION<sup>™</sup>, including those outlined above, this 7-day Introduction has **proven not to be a waste of time.**

